

Let's deal with stress

in ways that don't stress our babies

Take care of yourself so you can take care of your family.

- Reduce stress: stress can cause a baby to be born too soon.
- Eat well and take vitamins.
- Exercise.
- Get enough sleep.
- Avoid smoking, alcohol and drugs.
- Reach out for help.

For more information:

Call 1-800-722-2295

Maternal and Child Health Hotline

Text "NoStress" to 32075

Visit myspace.com/JourneyofaLifetime



JOURNEY of a LIFETIME
Healthy Babies through Healthy Families

Funded by the Wisconsin Department of Health Services
through the HRSA First Time Motherhood/New Parents Initiative.